

It's a walk in the park

To give residents an interesting way to explore some of Bellevue's 94 miles of trails, the Parks & Community Services Department has organized four walking events for a second year.

Like the walks in 2009, this year's will highlight the best of Bellevue art, parks and natural and historic sites. Walkers can track their progress in "walking passports" available at the start of each walk. If participants complete all four walks, they could win a prize.

All walks are free and registration takes place the morning of the event at the start location. Not all walks are suitable for small children and strollers. (See each event for details.)

Maps and flyers will be available online, closer to the dates of the events, at <http://www.bellevuewa.gov/COBCalendar> or by contacting park ranger Debbie Pettersson (425-452-7106 or dpettersson@bellevuewa.gov).

The walks are sponsored in partnership with the American Volkssport Association and Whole Foods Market Bellevue.

Little Lake-to-Lake ~ Earth Day 5K Walk

Date: April 21

Time: 1 to 6 p.m. (registration 1 to 6 p.m.)

Location: Lake Hills Greenbelt Park, 156th Avenue SE and SE 16th Street

This easy walk follows the Lake Hills Greenbelt Trail connecting Larsen and Phantom Lakes. Walkers are invited to stop along the way by each "earth education" station set up within the park. This walk is family-friendly and accessible for strollers and wheelchairs. Event highlights include the Larsen Lake Pioneer Cabin, Master Gardener Demonstration sites and pristine natural areas.

Bellevue Downtown Art & Park 10K Walk, Connecting People, Parks and Art

Date: May 22

Time: 8 a.m. to 3 p.m. (Registration: 8 a.m. to noon)

Location: Northwest Arts Center, 9825 NE 24th Street

Walking along city streets and through parks, participants will view more than 20 pieces of public art, seeing a diverse array of media, style and cultural expression downtown. Sites featured include Downtown Park, Meydenbauer Beach Park, Wildwood Park, the Bellevue Arts Museum, City Hall and the Northwest Arts Center. A shorter, six-kilometer walk will be an option. This is a sanctioned walk hosted by the Interlocken Trail Blazers.

Lake-to-Lake Greenway Trail 15K Walk, Connecting People, Parks and Nature

Date: Sept. 18

Time: 8 a.m. to 3 p.m. (Registration: 8 to 10 a.m.)

Location: Mercer Slough Blueberry Farm, 2380 Bellevue Way

Walkers can enjoy the beauty of Bellevue's parks and open spaces along the Lake-to-Lake Trail. From the farm, participants are shuttled to the start of the trail at Weowna Park. The shuttle runs approximately every half hour. This walk is strenuous and not suitable for small children or

strollers. A six-kilometer walk option is also available at the Mercer Slough. The Northwest Striders host this sanctioned walk.

Lakemont Lewis Creek 5K Walk

Date: Oct. 10

Time: 10 a.m. to 2 p.m. (registration 10 a.m. to 1 p.m.)

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd

Walkers can enjoy the colors of fall through pristine natural areas. A nature education station will be set up at the park. The walk is great for families, but an alternate accessible route is available as the main route includes some steep hills and uneven terrain not suitable for strollers.